What is claimed is:

1. An apparatus comprising:

a wheel configured to rotate;

a surface;

a first member, the first member being coupled to the wheel at a first time when the first member moves in a first direction on the surface; and

a second member configured to apply a force to the first member, the surface having an incline relative to a direction of movement of the second member.

2. The apparatus of claim 1 wherein the first member includes a pin.

3. The apparatus of claim 1 further including a first ratchet, wherein the first member is coupled to the wheel via the first ratchet at the first time.

4. The apparatus of claim 3 further including a second ratchet, wherein the second ratchet is coupled to the wheel when the first member moves in a second direction on the surface.

5. The apparatus of claim 4 wherein the first and second ratchets rotate about a common axis.

6. The apparatus of claim 3 wherein the wheel rotates about a first axis and the first ratchet rotates about a second axis.

7. The apparatus of claim 3 wherein the wheel rotates about a first axis and the first ratchet rotates about a second axis, and the second axis is coupled to the first axis via a third axis.

8. The apparatus of claim 3 wherein the wheel rotates about a first axis and the first and second ratchets rotate about a second axis.

9. The apparatus of claim 3 wherein the wheel rotates about a first axis and the first and second ratchets rotate about a second axis, and the second axis is coupled to the first axis via a third axis.

10. The apparatus of claim 3 further including a longitudinal member coupled to the first member, first ratchet, and second ratchet.

11. The apparatus of claim 1 further including

a second surface;

a third member, the third member being coupled to the wheel at a second time when the first member moves in a second direction on the first surface.

12. The apparatus of claim 11 further including a pedal configuration engaged with the third member, wherein the pedal configuration includes a proximal part pivotally engaged with a bicycle frame, and a distal part for receiving pressure from a foot.

13. A method for a system having a first member, a wheel and a surface, the method comprising:

coupling the first member to the wheel at a first time when the first member moves in a first direction on the surface; and

applying a force to the first member, the surface having an incline relative to a component of the force.

14. The method of claim 13 wherein the first member includes a pin.

15. The method of claim 13 wherein the system includes a first ratchet, and the coupling step includes coupling the first member to the wheel via the first ratchet at the first time.

16. The method of claim 15 wherein the system includes a second ratchet, and the method further includes coupling the second ratchet to the wheel when the first member moves in a second direction on the surface.

17. The method of claim 15 further including rotating the first and second ratchets about a common axis.

18. The method of claim 15 further including rotating the wheel about a first axis and the first ratchet about a second axis.

19. The method of claim 15 further including rotating the wheel about a first axis and the first ratchet about a second axis, and coupling the second axis to the first axis via a third axis.

20. The method of claim 15 further including rotating the wheel about a first axis and the first and second ratchets rotate about a second axis.

21. The method of claim 15 further including rotating the wheel about a first axis and the first and second ratchets rotate about a second axis, and coupling the second axis to the first axis via a third axis.

22. The method of claim 15 further coupling to the first member, first ratchet, and second ratchet, via a longitudinal member.

23. The method of claim 13 wherein the system further includes a second surface, and a third member, and the method further includes coupling to the wheel at a second time when the first member moves in a second direction on the first surface.

24. The method of claim 13 wherein the system further includes a pedal configuration having a proximal part pivotally engaged with a bicycle frame, and a distal part for receiving pressure from a foot, and the method further includes engaging the pedal configuration with the third member.

25. A system comprising:

a first member;

a wheel;

a surface;

means for coupling the first member to the wheel at a first time when the first member moves in a first direction on the surface; and

means for applying a force to the first member, the surface having an incline relative to a component of the force.

26. The system of claim 25 wherein the first member includes a pin.

27. The system of claim 25 further including a first ratchet, and the means for coupling the first member to the wheel via the first ratchet at the first time.

28. The system of claim 27 further including a second ratchet and means for coupling the second ratchet to the wheel when the first member moves in a second direction on the surface.

29. The system of claim 27 further including means for rotating the first and second ratchets about a common axis.

30. The system of claim 27 further including means for rotating the wheel about a first axis and the first ratchet about a second axis.

31. The system of claim 27 further including means for rotating the wheel about a first axis and the first ratchet about a second axis, and means for coupling the second axis to the first axis via a third axis.

32. The system of claim 27 further including means for rotating the wheel about a first axis and the first and second ratchets rotate about a second axis.

33. The system of claim 27 further including means for rotating the wheel about a first axis and the first and second ratchets rotate about a second axis, and means for coupling the second axis to the first axis via a third axis.

34. The system of claim 27 further means for coupling to the first member, first ratchet, and second ratchet, via a longitudinal member.

35. The system of claim 25 further including a second surface, and a third member, and the method further includes means for coupling to the wheel at a second time when the first member moves in a second direction on the first surface.

36. The system of claim 25 further including a pedal configuration having a proximal part pivotally engaged with a bicycle frame, and a distal part for receiving

pressure from a foot, and means for engaging the pedal configuration with the third member.